

## THE MORNING AFTER PILL (TMAP)

### Policy:

California is one of many States of the union that have authorized physicians to prescribe the morning pill to any woman requesting such medication within 72 hours of intercourse, without having to do an examination - (SB 1169). VCHCP provides the benefit to its members.

California has also put into place a protocol which allows any pharmacist who wishes to participate to dispense TMAP without a prescription from a physician. Participating pharmacists are required to take a short training course provided by the State. Pharmacists are also required to provide the member with a California Board of Pharmacy flyer describing the treatment.

All VCHCP PCP's and OB/Gyn specialists should be prepared to either prescribe or dispense *or refer the member to a provider who will prescribe or dispense* "TMAP" any time it is requested, without having to do a History and Physical examination.

California has also given patients the right to purchase the morning after pill OTC from any retail store along with a requirement that health care plans reimburse enrollees for the cost of the drug if this OTC purchase option is exercised by an enrollee.

The Protocol for TMAP allows for 3 dosing schedules as follows:

1. PREVEN - Lo Ovral (Ethinyl Estradiol 0.5mg, Levonorgestrel 0.25 mg)  
Total Dose = 4 Tablets  
2 Tablets now and repeat in 12 hours
2. PLAN B - Two-dose regimen (Levonorgestrel 0.75 mg)  
Total Dose = 2 Tablets  
1 Tablet now and repeat in 12 hours  
  
One Step (Levonorgestrel 1.5 mg)  
Total Dose = 1 Tablet  
1 Tablet now.
3. Any High Dose regular birth control pill - Total Dose = 4 Tablets  
2 Tablets now and repeat in 12 hours

**Note: Preven has a 75% efficacy rate and Plan B has an 89% efficacy rate.**

Literature is replete with articles attesting to the safety of the above medication.

**Procedure:**

PCPs and OB/Gyn specialists will prescribe TMAP *or refer the member to a provider who will prescribe TMAP* upon request of member, without requiring an examination.

Alternatively, the member may be directed by the provider, or the provider's staff to a pharmacy for direct dispensing without prescription.

If a female enrollee chooses to purchase the Plan B drug for herself, the Plan shall immediately, but not more than 120 days after Plan's receipt of product receipt, reimburse the enrollee for the cost of the drug.

**Exceptions/Limitations:**

Male enrollees

Nothing in this policy is intended to diminish the Plan's right to investigate fraud nor does this policy preclude the Plan from delaying or denying coverage for this drug if the Plan, in good faith, suspects fraud or "straw purchasing" on part of the enrollee.

**A. Attachments:** None

**B. History:**

Reviewed by: Sheldon Haas, MD and David Chernof, MD; Date: 04/04/04

QA Committee; Date: 04/20/04

Reviewed by: Cynthia Wilhelmy MD; Date: 01/17/06

Committees: P&T 01/23/06; UM 02/06/06; QA 02/28/06

Reviewed by: Albert Reeves, MD; Date: 11/7/11

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Reviewed/No Updates: Catherine Sanders, MD

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 Reviewed/ Updates: Catherine Sanders, MD; Date: 08/25/15  
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 Reviewed/No Updates: Faustine Dela Cruz, RN & Catherine Sanders, MD  
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 Reviewed/No Updates: Catherine Sanders, MD & Robert Sterling, MD  
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 Reviewed/No Updates: Howard Taekman, MD & Robert Sterling, MD  
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Revision Date	Content Revised (Yes/No)	Contributors	Review/Revision Notes
2/9/17	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/8/18	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/14/19	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
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2/11/21	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/17/22	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review

**C. References:**

Barbieri, Robert L. & Zieman, Mimi. Emergency contraception. Version 13.3 August 2005. 12/29/05 [www.uptodate.com](http://www.uptodate.com)

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Epocrates 2013 - [www.epocrates.com](http://www.epocrates.com)